



Slam Dunk
Hohenfels High Tiger basketball players earn spots on All-Europe Region III team
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Ommm ...
Soldier 360° teaches Soliers techniques to increase resiliency
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Bavarian News

Vol. 7, Nr. 8 U.S. Army Garrisons Grafenwoehr, Hohenfels, Ansbach, Schweinfurt and Garmisch April 27, 2011

Caring for the Environment

What is daunting for some is doable at Grafenwoehr



Photo by USAG Grafenwoehr

The picture shows banding of a nestling of the white-tailed eagle at Grafenwoehr Training Area. This bird species is one of the rarest in the state of Bavaria. Only six nestlings fledged in 2009.

Grafenwoehr wins Secretary of Defense Environment Award

By Cathy Kropp
U.S. Army Environmental Command

GRAFENWOEHR, Germany — Some might consider supporting the stationing of six additional battalions, a population increase of 8,000 and construction of 50 new facilities daunting, but for the Environmen-

tal Management Division staff of U.S. Army Garrison Grafenwoehr, Germany, this task was just part of their ongoing commitment to environmental stewardship. The staff's ability to successfully meet the garrison's expansion-related challenges, as well as other environmental goals, has earned them the Environ-

mental Quality award for an overseas installation in the fiscal year 2010 Secretary of the Army Environmental Award program. They are now competing with other services as the Army's representative for this category in the Secretary of Defense Environmental Awards program.

See AWARD, page 16

Defender 6 Sends

April designated to celebrate military childrens' strength

ARLINGTON, Va. — The Army first observed the Month of the Military Child in 1986, to honor the youngest members of the Army community. As we celebrate it again this month, 25 years later and in the 10th year of ongoing conflict, recognition of the sacrifices and strength of our military children is more vital

than ever. The life of military children has always had its challenges, foremost among them being frequent relocations. Every time families move, children have to make new friends, get used to new schools, and find new clubs and teams to join. A lot of military children take these changes in stride and

some even thrive on them, but it is hard — kids have to rebuild their world every time and find their place in it. Now, in this time of persistent conflict, the challenges are compounded - they are more serious and affect more families. About 1.8 million children have a parent currently See LYNCH, page 16

Welcome home "Strykers"



Photo by Andreas Kreuzer

VILSECK, Germany — Commander of the Joint Multinational Training Command, Brig. Gen. Steven Salazar addresses a group of excited family members, April 20, as they await the arrival of the advance party of 2nd Stryker Cavalry Regiment Soldiers. The 2SCR Soldiers began the first wave of their return to Vilseck, Germany and their families this month after a year-long deployment to Afghanistan.

Newborns network through ACS Program

Story and photo by
Molly Hayden
Staff Writer

VILSECK, Germany — It was a gaggle of giggles and coos as a handful of babies gathered together for the Newborn Network program, crawling their way into introductions. Each baby brought their mom along for support and a helping hand with difficult tasks such as sitting up and sharing toys. "She loves other babies," said Meike Jocham of her seven-month-old daughter Lani. Lani screeched in agreement and attempted to grab at the hem of a plaid dress worn by nine-month-old Hailey Manning. Manning was hesitant at first but sensed a budding friendship and placed her tiny hand on her new playmate's forehead. Across the room, 5-month-old Marcus Walker, let his presence be known by blowing spit bubbles and grinning ear to ear. Newborn network is a weekly par-

Newborn Network meets every Tuesday, 1 – 3 p.m., at Rose Barracks Army Community Services, Bldg. 322 and every Thursday, 1 – 3 p.m., at the Main Post Library. For more, contact the ACS offices, Rose Barracks DSN 476-2650 CIV 09662-83-2650 and Main Post, DSN 475-8371, CIV 09641-83-8371.

ents group, geared towards parents with children age 0 – 3. Children gather together to play and enjoy each other's company while learning developmentally appropriate activities and parents are given a forum to ask questions and discuss the growth, development and behaviors of their little ones. Parents dictate the structure and flow of the group allowing questions and stories to pass with candidity. Topics range from breastfeeding and delivery processes to baby's manners and mischief. All children are unique and meet milestones at their own pace, according

to Olivia Bourke, a social worker and New Parent Support Program home visitor who facilitates the group. With the Newborn Network and other New Parent Support Program programs, parents can gain information to understand their child's development and assist them in reaching their full potential. The program is especially helpful for new moms like Mallory Duck. "I come for advice from the other moms," said Duck, holding her four-month-old daughter Madeline. "I sometimes think I have no idea what I'm doing so it's good to share ideas and make sure I'm on the right track." The Newborn Network is a healthy way to validate parenting skills while enjoying a relaxing hour of conversation. "You learn that other moms have the same struggles and joys that you do as a parent," said Duck. Newborn Network is part of NPSP in conjunction with the Family Advocacy Program and Army Community Service.



Seven-month-old Lani Jocham takes a break from playing to look curiously into the camera lens during the Newborn Network program held at Rose Barracks. The program is designed to provide an outlet for new parents to network and ask questions in a relaxed forum.

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Water Tower art by Dane Gray

Commander's Message



A call to support and honor the community

Farewell to CSM Zagara

Last Thursday the Joint Multinational Training Command, as well as the U.S. Army Garrison Grafenwoehr, said good-bye to Command Sergeant Major Darius A. ZaGara, a 30-year veteran who spent the last three years in JMTC's top enlisted billet. During that time he has not only served his country and troops with honor, respect, and dignity, but has also become a friend to many in the community.

I feel privileged to have served with CSM ZaGara and will deeply miss him, his wife of 28 years, Belinda, and his two children Alesia and Darius Jr. I know I speak for everyone in the community when I wish him a safe and pleasant retirement filled with the joy and relaxation he has come to deserve.

Of course, with any sad departure comes the joy of someone new. In this case we welcome Command Sergeant Major Dennis C. Zavodsky who comes to us from Fort Richardson, Alaska. CSM Zavodsky will also be joined this summer by his wife of more than 20 years, Tamatha, as well as his two sons Kyle Reece and Raider Cole.

Again, I know I speak for everyone in welcoming CSM Zavodsky to the community and we look forward to learning more about him in next month's welcome interview.

Asian Pacific Heritage month

May is Asian-Pacific American Heritage Month — a celebration of Asians and Pacific Islanders in the United States. I am of Korean descent and ask you to join me in participating in the many events that will take place throughout the month of May.

While a rather broad term, Asian-Pacific encompasses all of the Asian continent and the Pacific islands of Melanesia (New Guinea, New Caledo-

nia, Vanuatu, Fiji and the Solomon Islands), Micronesia (Marianas, Guam, Wake Island, Palau, Marshall Islands, Kiribati, Nauru and the Federated States of Micronesia) and Polynesia (New Zealand, Hawaiian Islands, Rotuma, Midway Islands, Samoa, American Samoa, Tonga, Tuvalu, Cook Islands, French Polynesia and Easter Island).

Like most commemorative months, Asian-Pacific Heritage Month originated in a congressional bill.

In June 1977, Representatives Frank Horton of New York and Norman Y. Mineta of California introduced a House Resolution that called upon the president to proclaim the first ten days of May as Asian-Pacific Heritage Week. The following month, Senators Daniel Inouye and Spark Matsunaga introduced a similar bill in the Senate. Both were passed.

On October 5, 1978, President Jimmy Carter signed a Joint Resolution designating the annual celebration. Twelve years later, President George H.W. Bush signed an extension transforming the week-long celebration into a month-long celebration. In 1992, the official designation of May as Asian-Pacific American Heritage Month was signed into law.

Also, the month of May was chosen to commemorate the immigration of the first Japanese to the United States on May 7, 1843, and to mark the anniversary of the completion of the transcontinental railroad on May 10, 1869. The majority of the workers who laid the tracks were Chinese immigrants.



Annual 5K Run to Remember

In the spirit of remembrance, the first annual five kilometer "Run/Walk to Remember" will take place Saturday, May 7 at 9 a.m. at the Rose Barracks Cavalry Chapel.

This event will honor our fallen Soldiers and support the many survivors and family in our community. Please join me in coming out to run with these courageous members of the community, both survivors and supporters.

Appeal for AER Support

I know all of you have donated to the Combined Federal Campaign and for that I thank you. But here is the one and only other time where we are asking for your help financially, and where the money comes directly back to you, the Soldier — Army Emergency Relief.

Funding for AER comes from voluntary donations by Soldiers and civilians, as well as investments made by the AER program managers. Here are a few facts you may not have known about AER:

AER is a private nonprofit organization incorporated in 1942 by the Secretary of War and the Army Chief of Staff. AER's sole mission is to help soldiers and their dependents

AER is the Army's own emergency financial assistance organization and is dedicated to "Helping the Army Take Care of Its Own." AER provides commanders a valuable asset in accomplishing their basic command responsibility for the morale and welfare of soldiers

AER funds are made available to provide emergency financial assistance to soldiers - active and retired - and their dependents when there is a valid need

AER funds made available to commanders are not limited and are con-

Defender 6 sends

Army facing shortage of therapists, social workers

ARLINGTON, Va. — In this unprecedented era of persistent conflict, the risk for substance abuse among our Soldiers and their families has never been greater. As I have often stated, the Army will not break because of our Soldiers, they are indeed the finest force in the world; however, the Army is at risk as a result of the stress the past 10 years of conflict has placed on our Soldiers and their families.

The stress on our Soldiers and families is often manifested in new or growing social problems. Multiple, extended deployments with too little dwell time at home strains relationships with loved ones. Partners and children face difficulty adjusting to new family dynamics as their Soldiers depart for and return from deployments. Many warriors have difficulty transitioning from the battlefield to the homefront and life post-deployment.

The unfortunate reality is that some Soldiers and family members turn to alcohol and drugs to help them cope.

The Army implemented the Army Substance Abuse Program to enhance mission readiness through helping Soldiers cope with stress by means other than alcohol or other drugs. The program focuses on prevention, identification, intervention, and treatment of

high-risk behaviors to enable Soldiers, their families and civilians achieve and sustain balance — and resiliency — in their lives.

We've come a long way in helping our Soldiers

become more resilient, both on the battlefield and on the homefront. Thanks to the efforts of our dedicated employees, we are continually improving, but we must do better. The Army currently faces a critical shortage of counseling psychologists, social workers, licensed marriage and family therapists, and licensed professional counselors to help our heroes heal.

In fact, garrisons and installations are struggling to accommodate the thousands of Soldiers every month as they transition from the battlefield to post-deployment life at home.

As the stigma of seeking treatment has decreased, an increasing number of Soldiers and family members are seeking help in making a successful transition. However, the number of qualified professionals entering the field has not



grown to meet the need.

The Installation Management Command (IMCOM) is seeking to expand the ASAP workforce so we can offer a wider variety of services, provide more intensive treatment over longer periods of time, and explore alternative prevention and treatment techniques. Now more than ever the Army needs civilians to step up and lend a hand to those who have sacrificed so much to defend our freedom.

IMCOM is enlisting the aid of civilians through several measures to address the needs of our active duty, reserve, and Guard Soldiers, retirees and their family members.

As an incentive to join the Army ASAP team, we are joining hands with universities across the nation to support post-graduate education by offering exciting new opportunities, such as the new Clinical Internship Program, tuition reimbursement, salary and supervision toward licensure, and hiring, relocation and retention bonuses. In addition, the Army is expediting the hiring process to get qualified candidates on board faster.

The Army also offers competitive benefits and advantages, including life and health insurance plans; 13 paid vacation days with the ability to increase

strained only by the requirement of a valid need.

AER also provides tuition assistance program needs our support. As a community, we need to ensure 100% contact so that everyone who wishes to donate to this worthy cause has the opportunity. The current AER campaign runs through May 15. For more information, visit <http://www.aerhq.org/>.

For these reasons, the AER assistance program needs our support. As a community, we need to ensure 100% contact so that everyone who wishes to donate to this worthy cause has the opportunity. The current AER campaign runs through May 15. For more information, visit <http://www.aerhq.org/>.

Valuable Volunteers

Despite the annual budget and the nearly one million people in the Armed Services, having to maintain conflicts in many areas on multiple fronts has taken its toll on money and personnel over the past decade. Just two weeks ago our government almost shut down over differences in where to cut spending. As such, many of the activities we currently provide in USAG Grafenwoehr would cease to exist if it were not for the generosity of volunteers who take time out of their busy schedules to volunteer for nothing more than the satisfaction of knowing they can make a difference in people's lives.

While we cannot pay these "heroes," we can and do recognize them for their exceptional service to our communities. I hope everyone can join the celebration on Friday, May 6, from 4 to 6 p.m. in the Forst Haus garden, across from the Tower View conference center, as JMTC commander Brig. Gen. Steven Salazar honors volunteers for their contributions to the quality of life in USAG Grafenwoehr.

*Col. Vann Smiley
Commander, U.S. Army
Garrison Grafenwoehr*

Was denkst du?

(What do you think?)



Jacob Banks
Age: 7

"A race car driver."



Hugo Ennis
Age: 7

"A scientist."



Reese Mendoza
Age: 7

"Hmmm....an inventor."



Nolan Reiley
Age: 6 1/2

"A scientist and doctor."



Aiden Westlund
Age: 6

"A skateboarder."

What do you want to be when you grow up?

*Lt. Gen. Rick Lynch
Commander, Installation
Management Command*



Hohenfels Elementary School Art teacher Mark Woehler and Department of Public Works Joe Hascin prepare to hang the first of four murals while the anxious artists watch. Left to right are HES students Rachel Lange, Andrew Miller, Lexie Deloach, Chloe Witty, Shelby Perez, and Jadyn Tyler.

Kids decorate Kids Play Zone

Story and photo by
Mark Iacampo
USAG Hohenfels Public Affairs

HOHENFELS, Germany — Members of the Hohenfels Elementary School Art Club broke out their brushes to help liven up the walls of the Hohenfels Kids Play Zone with four colorful murals in a community project that lasted almost a year.

“Typically when you’re designing something like this you go and get commercial grade stuff,” said Stayce Downing, Family and Morale, Welfare and Recreation director. “I wanted to make this facility be a real community facility and in order to do that you reach out to children.”

Downing approached HES art teacher Mark Woehler who thought that the murals would make a perfect project for the art club. “I got involved because there needs to be more artwork put up in places like this,” Woehler said. “And it’s good to get the school involved in community sponsored projects so the parents can see what their kids do. Because a lot of the time, artwork and other projects they’re working on will just get discarded and that’s kind of a shame.”

The art club members searched the internet for suitable inspiration that would help their artwork fit into the festively colored Play Zone. When they found art they liked, they’d vote on incorporating it into their murals.

“We’d project it on panels, trace it, and then paint it,” Woehler said. Andrew Miller said he really enjoyed the entire experience. “It was fun designing the stuff,” he said. “And we learned how to mix around colors as we needed it.”

For the past eight months, club members have worked during art class and after school designing and painting the murals. On April 13, they joined the crowd at the Play Zone for the unveiling and hanging of the first mural and then indulged in a well earned snack of chocolate chip cookies.

Downing wants to see more students’ art showcased around the garrison. She said that in public buildings in many communities, you can see locally produced art work on display.

“But we haven’t really done that before, so now I think we’re taking it up a level,” she said.

The Play Zone continues to evolve since its opening almost two years ago. From indoor “bouncy-castles” to a full-fledged playground, the facility provides a great all-weather place for children under 12 to burn off some energy while their parents recharge next door at the Java café.

Downing said the Art club plans to continue painting new murals for the community every year. “We’re going to see new artwork come up, and this is the perfect place for it,” she said.

“It was fun designing the stuff and we learned how to mix colors as we needed it.”
Andrew Miller
Hohenfels Elementary School Student

Vilseck students travel to D.C. to advocate for military children

By Amy Zink
Assistant Editor

GRAFENWOEHR, Germany — Most high school students have had to sit through a U.S. Government class. Some have even been a part of a mock congress.

But, not many can say that they had a chance to present their own advocacy issues to a general, the Department of Defense Education Activity Director, congressional staff and the Senate and House Armed Services Committees.

That’s exactly what Vileseck High School students 12th-grader Thea Dunn and 9th-grader Meraleigh Randle did in Washington, D.C. during the National Parent Teacher Association’s Legislative Conference, March 9-11. Dunn and Randle attended the conference as student representatives of the European PTA.

During the conference, each delegation is expected to visit their state Senators and Congressional Representatives. EPTA is in the unique position of having all 50 states represent their membership comprised of military families.

So, the EPTA decided to go one step further and visit, not only Senators and Representatives, but also the SASC and HASC staff, Marilee Fitzgerald, the DODEA acting director and Maj. Gen. Reuben Jones, the Installation Management Command Family and Morale Welfare and Recreation commander.

According to EPTA president, Shannon Sevier, “PTA is the largest child advocacy organization in the nation and as such the European PTA is able to plug into National PTA advocacy efforts by pushing for parity within the Dept. of Defense funding structure, as well as employ the NPTA political infrastructure.”

While it may seem daunting to discuss policy issues with high ranking military and civilian officials, Dunn and Randle met the challenge with composure usually attributed to professional advocates. Dunn and Randle had done their homework.

“The EPTA team discussed policy initiatives and explained how federal legislation translated into DoD programming,” Sevier said. “Once the schedule of Hill visits was set, the girls had to research every Senator, Representative, the IMCOM FMWR commander and personnel from DODEA.”

Dunn and Randle were asked to come up with their own policy initiatives. And, they did not disappoint. The central theme to the students’ agenda was that of increasing their viability for scholarships and opportunities for academic and sports competitions. The EPTA delegation also discussed increasing parent involvement in the DoDDS-E schools and providing training for the parents, and teachers of military children.

The girls were glad to put their experiences into their own words.



Photo by Shannon Sevier

Vilseck High School students Meraleigh Randle and Thea Dunn visited with Senate and House Armed Services Committee staff, during their Capitol Hill visits, March 10.

Thea’s Perspective

“This trip was the first one that I have been on where I packed the day before and not the morning of. Getting ready to go, I honestly had no idea what to expect as the European PTA Youth Institute nominee.

I soon found out during the first meeting with DODEA acting director, Marilee Fitzgerald and communications director, Frank O’Gara. In both meetings I felt my voice was truly heard and that my suggestions were taken into consideration.

After that meeting my confidence level skyrocketed. After researching the people we were going to be meeting and preparing our issues, the day came to load up the bus to Capitol Hill.

The Hill visits were an eye-opener and the experience was just incredible. I kept my camera ready the whole time.

My advanced placement government class had an interest group simulation as one of our projects this year, so we were learning about the lobbying process. It was amazing to be able to actually go out and do it.

This trip really showed me how just a couple of people with a vision can make things happen. I will take this experience with me for the rest of my life. I was very inspired and excited to be a part of something so important. It really showed me that anything can happen, even when you start from the ground up.”

In Meraleigh’s words

“It was my first time at the Capitol building and all I could think was that the shopping mall was cool, but this is awesome! The visit to Washington

D.C. was something I was not all that sure I was ready for, but I knew I was going to try to bring attention to two issues that many military kids have.

Many student athletes are extremely talented and would place very high if they competed nationally, but being overseas makes it very hard to raise enough funds to fly the student to the national competition, house and feed them.

The other issue is that freshman and sophomores who take the combined history and literature honors class, take a larger work load than their peers who take the standard classes and do not have their grade weighted. Having this class weighted would bring these student’s grade point averages up.

I am so glad I got to attend the NPTA conference because it helped me realize how big PTA is and how big of an impact we can make. I was surrounded by everyday people who were determined to make a change.

Being a part of that not only opened my eyes but made me want to push for change and get people’s attention to matters that military kids think are important.

The week I spent in Washington, D.C. showed me that anyone can be an advocate no matter their age. We all have the power to speak and be heard and to better our situation.

As a student representative, I am happy that I am able to help push for change. As a child advocate I am proud to say that I am helping to better the situation of military kids overseas, and as a young adult I take with me skills and experiences I will use and look back on so I can become a better representative and advocate of students just like me.”

Local Summer Hire programs now accepting applications

By Molly Hayden
Staff Writer

GRAFENWOEHR, Germany — While many teens will be soaking up the sun and sleeping in this summer, a few will join the U.S. Army Europe work force with the Summer Hire Program, operated by Installation Management Agency-Europe.

The Summer Hire Program is designed to provide young people an opportunity to gain meaningful job experience, prepare for future educational and career goals, and support the Army mission.

“It helped me build my resume,” said 18-year-old Danica Schobin, who spent last summer providing clerical work for the Chaplain’s office on Main Post. “Plus I learned a lot, it should help me with future jobs.”

Stephanie Ellis, 18, agreed. “It’s an opportunity to work and



interact with adults and you can see how they get things done and learn from them,” said Ellis, who chose to hone her skills in childcare working for Child, Youth and School Services’ School Age Services. “It teaches you responsibility but you’re not alone, there is always someone there to help

you if you need and you learn skills you can’t get out of everyday life.”

Schobin and Ellis, along with 17-year-old Myles Hall, were three of 120 teens within the Grafenwoehr military footprint enrolled in the program last year.

Hall hopes the program will aid in

his future education goals.

“Having a good work ethic and experience will look good on college applications,” said Hall. “I had a lot of responsibility when I worked for (Child, Youth and School Services). I did my job quickly, orderly and asked for more.”

Hall is finishing up his sophomore year at Vilseck High School.

“Now is the time to start thinking about the future,” said Hall. “I have high expectations for myself and the jobs I pick. I want to make a difference in the job I do.”

Applications for the Summer Hire Program are available until May 22. The program runs June 20 – July 29 for the Grafenwoehr, Vilseck and Garmisch areas and July 18 – August 26 for those participants in Hohenfels.

Full-time jobs are available in clerical, labor and child care fields

and participants are placed in their area of interest. The program is open to all family members age 14 – 22, with valid family member identification. Interested parties may apply online at <https://Injobs.army.mil/sh/staffing/summerhire/>.

In-processing packets must be completed and turned in to the Civilian Personnel Advisory Center (CPAC) within eight days after a resume is submitted. Those applications without in-processing packages at their respective CPAC by the above stated date will not be considered as a valid application.

The six-week program will leave the young workers with about three weeks of summer break to enjoy before they begin their 2011-2012 school year.

“You don’t have much of a summer, but you have money to spend while you do,” said Schobin.



Soldier 360° Staff Sgt. Justin E. Lee of Company B, 1st Battalion, 4th Infantry Regiment in Hohenfels, Germany and his wife, Nicole, focused on each other during the Soldier 360° couples' yoga. During the course, leaders are introduced to programs available throughout the local area, while learning to provide support to their squad members and peers, who might be struggling with stress, anxiety or depression. Spouses are invited to participate the second week to learn skills that help them to communicate better.

Soldier 360° provides resiliency training to Soldiers, spouses

Story and photos by
Denver Makle
JMTC Public Affairs

GRAFENWOEHR, Germany — Noncommissioned Officers unanimously say the Soldier 360°, a comprehensive, leader's fitness course that instills tactics, techniques and procedures for becoming a better leader has changed the way they see themselves and given them the tools they need to mentor others.

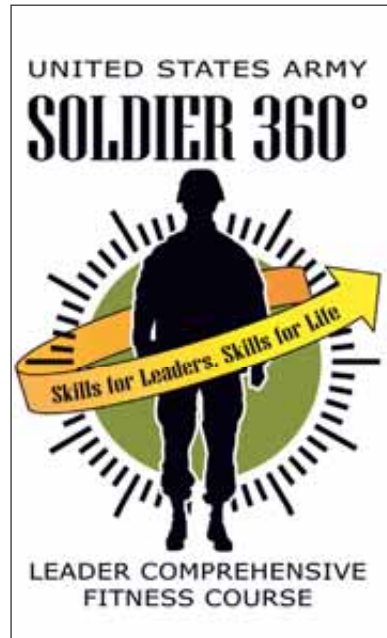
Soldier 360° targets Noncommissioned Officers (NCOs) who have combat experience. The two-week course offers comprehensive training in stress and anger management, biofeedback, relaxation, yoga, meditation, physical fitness and conditioning, injury prevention, pain management, relationships, communication, conflict resolution, nutrition, sleep, combat stress, post-traumatic stress, and alcohol management.

The NCOs that attend the course must be nominated by their commanders and must have combat experience to attend.

"This course (Soldier 360°), has taught me that you do not have to know all the answers or be perfect — just be open-minded, forgiving, and respectful of each other's individual differences," said Chief Warrant Officer Wendy King. "We're not walking away from this two-week course able to fix all the problems in the world, but with valuable tools in our tool bag, we can help ourselves and others begin to prepare the path to a better tomorrow."

King said practices demonstrated in the course, such as Yoga, Tai Chi, meditation, and journaling will provide her an outlet to reduce her daily stress.

"The Soldiers around me need to not only hear me share what I have learned, but get a bigger impact



if they see me applying the techniques, and see the results it produces in my life" said King.

King graduated on April 1, from the class hosted in Hohenfels, Germany. Attending were forty-four Soldiers from various installations in Germany, Hohenfels, Schweinfurt, Grafenwoehr and Bamberg, and also NCOs from Vicenza, Italy.

"Our intent is for every community to replicate this program so that the Soldiers establish a relationship with their local service providers," said Col. Mary S. Lopez, director of strategic initiatives for the Bavarian Medical Command. "Every community is unique and Soldiers need to be familiar with the agencies available to provide them support."

The course pulls together physicians, substance abuse counselors, military family life consultants, chaplains, and professionals from Army Community Service and the wellness center.

During the course, leaders

are introduced to programs available throughout the local area while learning to provide support to their squad members and peers who might be struggling with stress, anxiety or depression.

The course curriculum incorporates a series of seminars, presentations and activities delivered by instructors and subject matter experts from within the community. The Soldiers learn to "take a 360°," a relaxation technique that allows the individual to gain focus, which will help them to perform better.

"The thing that stayed with me was some of the stress release techniques, taking 360°s and the yoga. Occasionally I do the yoga at home," said Sgt. First Class Milton Johnson III, a Soldier 360° alumnus from the 172nd Support Battalion of the 172nd Infantry Brigade in Grafenwoehr. "I've been in contact with Sarah, the yoga instructor about getting something started here locally in the Schweinfurt area."

Johnson said he went into the course blind and didn't know what to expect, but said after seeing what it had to offer he loved it.

"My wife and I communicate a lot more now. We spend a lot more time together, and at work I can listen to Soldiers with more compassion. I try to understand their problems. I put myself in their position. That is something I didn't do before."

He said in the past he might have asked them to figure it out, and keep him in the loop.

Johnson said the course helped him to become a better listener.

"This course provides Soldier-leaders with the information and tools to improve individual personal health," said King. "The healthier leaders are the more efficiently they can deal with the stressors of daily life."

Navigating the MEB/PEB process

Soldiers can have their legal questions answered

By **R. Charles Collica II**
MEB Outreach Counsel - Europe

Service members new to the Medical Evaluation Board and Physical Evaluation Board process are most often confused and weighed down with questions concerning their legal rights. MEB Outreach Counsel and Soldiers Counsel are licensed attorneys available to provide information, advice and representation to Soldiers throughout the MEB-PEB process.

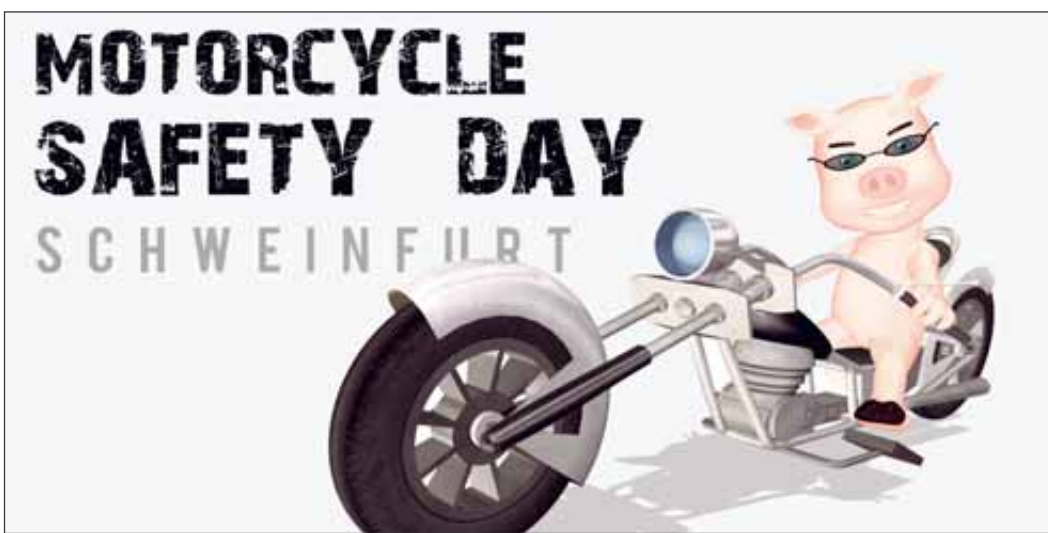
The MEB Outreach Counsel is available to assist each individual Soldier from the moment he or she is referred into the MEB process. At the beginning, general advice and assistance is provided in developing a strategy to reach the Soldier's desired outcome.

As the Soldier progresses through the system, the MEB Outreach Counsel can provide more specific advice and representation. The Soldiers Counsel is available to represent the Soldier once the case progresses from the MEB to the PEB stage.

The MEB Outreach Counsel who serves all Soldiers in USAREUR is located in the Wiesbaden Legal Center and has an office located in Vilseck Legal Center. Soldiers Counsel offices are located at Landstuhl, Heidelberg and Vilseck.

Don't try to navigate this complex process on your own. Don't hesitate; take advantage of the free legal advice and representation available to you now. Your rights and benefits may be adversely affected if you don't.

If you reside in U.S. Army Europe and are undergoing an MEB-PEB, legal teams are available. For more, Heidelberg DSN 371-2091, CIV 06221-17-2091; Wiesbaden DSN 337-4738, CIV 0611-705-4738; Landstuhl DSN 486-8286, CIV 06371-86-8286; Vilseck DSN 476-3358, CIV 09662-83-3358.



Safety first priority when riding

By **Nathan Van Schaik**
USAG Schweinfurt Public Affairs

SCHWEINFURT, Germany—The roar of a motorcycle engine sends chills down the spines of motor heads. Riding is not for the faint of heart. This is thrilling, hair-raising stuff. But it's also very dangerous. That's why the U.S. Army Garrison Schweinfurt safety team and our biker buddies at the 21st Theater Sustainment Command are hosting a day of safety, maintenance, driver's testing and a joy ride to rev up the fun, May 3 at the airfield on Conn Barracks.

Dubbed the Motorcycle Safety Day, the day's events include refreshments, motorcycle and apparel checks, and an obstacle course finishing up with a scenic group ride.

"The purpose of the event is to deal with motorcycle safety," said garrison's Safety Officer, Juergen Hoechemer. "Because we have so many motorcycle accidents Army-wide, this is another tool to raise awareness in an enjoyable way outside the classroom."

A surprise VIP guest will kick start the day's events when he arrives on his "battle hog" to deliver opening remarks. The remainder of the day will provide both experienced and novice bikers alike a range of opportunities to hone their skills or learn new ones. Professional instructors will be on hand to inspect motorcycles at no cost. A 200-meter long refresher course

fused with obstacles geared toward sharpening skills will also be available. Afterwards, riders have the option to go on a two-hour off post joy ride through Bavaria.

"This is a good opportunity to exchange info and experiences among different motorcycle riders," said Hoechemer.

The event comes on the heels of recently released statistics indicating that more Soldiers have died this year on motorcycles than by any other vehicle. This year alone, motorcycle accidents have claimed the lives of 11 Soldiers. In fact, Army accident rates show that motorcycle operators are at a much higher risk of being killed in an accident when compared to travelers in a passenger vehicle, said Scott Livingston, a safety and health specialist with the U.S. Army.

For information, motorcycle riders should visit the garrison's motorcycle safety page at <http://www.schweinfurt.army.mil/support/safety/povmotorcycle.htm>. To find out more about local riding associations, visit the Army's Motorcycle Mentorship Program website. The USAG Schweinfurt driver's testing station can provide motorcycle licensing and training information.

Motorcycle Safety Day runs from 9 a.m. to 3 p.m. and is open to the entire Schweinfurt military community. For details, contact the garrison safety office at 09721-96-1670.

Diversity Roadmap gives Army direction

By **Lt. Col. Kate Crusan**
USAREUR Diversity Initiatives

On Feb 8, 2008, the secretary of the Army and the chief of staff of the Army established the Army Diversity Task Force to conduct a complete assessment of Army Diversity Programs.

The Army defines diversity as "The different attributes, experiences and backgrounds of our Soldiers, civilians and family members that further enhance our global capabilities and contribute to an adaptive, culturally astute Army."

As a result of the Task Force's work, the Army published "The Diversity Roadmap" about three months ago.

"The Diversity Roadmap" articulates the Army's plan for achieving its vision to be the national leader in embracing the strengths of diverse people by providing in an inclusive environment. The roadmap, consisting of five strategic goals, is the way ahead for accomplishing the diversity mission.

The five strategic goals in the Diversity Roadmap are:

1. Ensure leader commitment to diversity and inclusion practices at all levels of the Army.
2. Institutionalize talent management processes that identify, recruit, develop and retain a cadre of high performing Soldiers and civilians from diverse backgrounds.
3. Establish and resource a structure to support the Army Diversity Roadmap.
4. Implement diversity training and education programs that develop socio-cultural competencies to meet the demands of the 21st century expeditionary force.
5. Create and maintain an inclusive environment where the value of diverse knowledge, experiences and backgrounds enhances mission readiness.

To read the Diversity Roadmap, visit www.armydiversity.army.mil/document/Diversity_Roadmap.pdf.

Collaborative exercises prepare units for deployment

Soldiers team up to create realistic training scenarios for units deploying to Afghanistan

By **Spc. Kevin Alex**
16th Sust. Bde. Public Affairs

HOHENFELS, Germany — Preparing for a deployment is not just about training to fight the enemy, you also have to be able to communicate and work effectively with the local nationals.

The 391st Combat Sustainment Support Battalion, 16th Sustainment Brigade, worked with the 172nd Separate Infantry Brigade here, March 18 through April 8, in order to better prepare for their upcoming deployment to Afghanistan.

Soldiers from the 391st CSSB played the role of Afghan truck drivers delivering supplies throughout the training event.

During the scenario, the 391st CSSB Soldiers spoke only the prominent Middle Eastern languages so the 172nd SIB Soldiers would get accustomed to working in an environment where communicating could be a challenge.

“The gun truck in their convoy has an interpreter, and we try to use them as much as possible,” said Staff Sgt. Lance Tatzel, the support operations transportation noncommissioned officer with the 172nd Support Battalion, 172nd SIB. “It has been working pretty smooth so far, but the communication between wherever they are coming from and our location to get linked up is the hard part.”

One of the most important parts of

this training is the two units working together. This aspect adds to the unfamiliarity that Soldiers will encounter downrange.

“We’re here pretending to be Afghan people in order to prepare the 172nd for when they go downrange,” said Spc. Antonio Quinones, a truck driver with 515th Transportation Company, 391st CSSB, 16th Sust. Bde. “It also helps us to learn different tactics from watching them react to different scenarios while on the convoys.”

Not only did the 391st CSSB help by playing the part of Afghan nationals, they also supported the training by delivering all classes of supplies to the 172nd SIB.

“This training helped out quite a bit,” said Spc. Tony Macy, a truck driver with 515th Trans. Co., 391st CSSB, 16th Sust. Bde. “A lot of the Soldiers don’t have much driving experience, and this gives us a chance to get out, do our job and drive the trucks around.”

In order for any mission to succeed, there has to be someone behind the scenes making sure everything runs smoothly.

“Our battle staff has had a great training experience monitoring and tracking convoys for both our (logistical packages) as well as our internal squads’ situational training exercise lanes that have gone out from three separate companies within the battalion,” said Capt. Jason Benton, the assistant support operations plans officer in charge with the 391st CSSB, 16th Sust. Bde. “I think it’s been a very good training experience, rewarding for both 172nd SIB and 391st CSSB. Many good things have come from it, and it’s helping both units prepare for their wartime missions.”



Top: Soldiers from the 515th Transportation Company, 391st Combat Sustainment Support Battalion, 16th Sustainment Brigade, (left) work with Soldiers from the 172nd Separate Infantry Brigade to get a disabled vehicle running during a training mission in Hohenfels, Germany, April 1.



Right: Pfc. Adam Snyder, a motor transportation operator with the 515th Transportation Company, 391st Combat Sustainment Support Battalion, 16th Sustainment Brigade, straps down pallets for transportation at the 172nd Separate Infantry Brigade's motorpool in Hohenfels, Germany, April 1.

“Strike Deep” MP’s say goodbye

Story and photo by
Sgt. Adrienne Burns
18th MP Bde. Public Affairs



Jordan Pelayo, 1, waves a flag for his father, Pfc. Hector Pelayo, a Military Police Soldier with the 527th Military Police Company, 709th MP Battalion, during the unit's deployment ceremony April 7 in Hohenfels, Germany. The “Strike Deep” Soldiers will be deploying to Afghanistan in support of Operation Enduring Freedom in the coming weeks.

HOHENFELS, Germany — In the Hohenfels Training Area’s gym, an uncommon stillness filled the air. Heads were bowed and the fluttering of American flags came to a slow stop. The echo of the chaplain’s voice filled the room, and the nearness of deployment became a little bit more real.

In the coming weeks the Soldiers of the 527th Military Police Company would be leaving for their second deployment to Afghanistan in three years. At their deployment ceremony on April 7, the unit took a moment to reflect on the importance and tradition of their mission.

The unit last deployed to Afghanistan in support of Operation Enduring Freedom in 2008. With this second Afghanistan deployment coming up, the “Strike Deep” Soldiers also have two Operation Iraqi Freedom deployments under their belt in the Global War on Terror, adding to the legacy of this unit.

Lt. Col. Roger Hedgepeth, the commander of the 709th MP Battalion, noted the long history of wartime service that the 527th MP Co. has participated in.

“From Calcutta, India, in World War II to Saigon, Vietnam, and the

Tet Offensive, the ‘Strike Deep’ Soldiers have bravely taken the fight to the enemy wherever and whenever it was needed,” Hedgepeth said.

As the Soldiers of the 527th MP Co. furlled their guidon during their deployment ceremony, they took note of the history, traditions and spirit that are embedded in their colors.

“The 527th Military Police Company is a battle-hardened formation,” Hedgepeth told the crowd of family and friends. “It has always faithfully answered the call to arms, time and time again.”

In preparing for their deployment, the Soldiers have dedicated countless hours to making sure that they are primed for their mission. Capt. Rebecca Doak, the commander of the 527th MP Co. noted all of the long nights, weeks in the field, situational training exercises, convoy live fires and combat outpost live fires the unit had taken on during its train up.

The training meant days and nights of sacrifices, not only for Soldiers, but for their families as well.

“Army families carry a great burden for our nation, and I thank you for your unwavering love and care of your Soldiers,” Hedgepeth told the crowd.

But, the long days and nights of training would pay off, Doak told the Soldiers, saying, “You are trained, you are ready and you are well led.”

Welcome home to 44th ESB Soldiers



Photo by Charles Stadlander

SCHWEINFURT, Germany — The Soldiers of Bravo Company, 44th Expeditionary Signal Battalion take formation in the Ledward Activity Center early in the morning on, April 6. The company returned from a yearlong deployment to Afghanistan. During the deployment to Afghanistan, Bravo Company helped manage the tactical network for NATO's International Security Assistance Force. The rest of the 44th ESB will continue these responsibilities over the next year. During the next several days, Bravo Company Soldiers will undergo standard reintegration procedures and with the support of their friends, families and the community get back into the rhythm of life here in Germany.

Grafenwoehr, Hohenfels DFACs offer up winning meals

By **Ana Wallace**
*USAG Grafenwoehr
Directorate of Logistics*

GRAFENWOEHR, Germany — Passion for cooking and a heaping handful of teamwork was the winning recipe for the dining facilities in U.S. Army Garrisons Grafenwoehr and Hohenfels last month during the 2011 Philip A. Connelly Competition.

This year, USAG Hohenfels’ Warrior Sports Cafe, won for large Dining Facility category, headcount more

than 300 diners, while USAG Grafenwoehr’s Stryker Inn Dining Facility won for small DFAC category, headcount less 300 diners. Both winners will represent USAG Grafenwoehr at the Installation Management Command-Europe level competition in June.

The Connelly program, which is co-sponsored by Department of the Army and International Food Service Executives Association, is the most prestigious competition in the Army. Established in 1968, the award recognizes excellence in Army food service and is named for the late Philip A. Connelly, a former president of the IFSEA. During the competition, evaluators critique participants in areas such as food preparation, taste, nutrition, service and sanitation.

USAREUR’s dining facilities to highlight and identify facilities and food service professionals who are drawing diners’ attention to the importance of proper nutrition.

Eating healthy

During the month of March, the European Regional Medical Command, U.S. Army Europe and IMCOM-E conducted the National Nutrition Month Competition within

USAREUR’s dining facilities to highlight and identify facilities and food service professionals who are drawing diners’ attention to the importance of proper nutrition.

Again, a USAG Grafenwoehr dining facility shone. Grafenwoehr’s Main Post dining facility was this year’s winner for the large category.

National Nutrition Month is a nutrition education and information campaign sponsored by the American Dietetic Association. The campaign is designed to focus attention on the

importance of making informed food choices and developing sound eating and physical activity habits.

The theme for National Nutrition Month 2011 was “Eat Right with Color.” This theme encourages consumers to choose healthy and colorful foods from all food groups for a balanced and healthy diet.

Congratulations to all three DFACs for a job well done.

Editor’s Note: Ana Wallace is the Installation Food Program Manager with USAG Grafenwoehr’s DOL.

Art in honor of the Earth



Photo by Malia Jakus

ESCHENBACH, Germany — Malia Jakus’ fourth-grade class at Netzaberg Elementary School created a mural with sidewalk chalk to celebrate the upcoming Earth Day. The class, which is normally very good about separating their recyclables in the classroom, thought it would be a great idea to make a mural to remind everyone to do their part for the planet.

What’s Happening

Garmisch Briefs

Prague

May 20-22: Enjoy a guided daytime tour Saturday and a fair amount of free time, plus a special guided tour of the Franz Kafka museum. Departs at 4:15 p.m. Cost: \$370.

Venice & Verona

April 29-May 1: On Saturday, visit Venice with its great art and architecture, pigeons in St. Mark’s Square, gondolas and good food. On Sunday, it is off to Verona and a tour of the Romeo and Juliet city with the great Roman Arena. Cost: \$290 (museum entrances, food, public transportation extra).

Amazing Bike Race

May 14: How well do you really know Garmisch-Partenkirchen? How is your stamina? Get together with three to five of your closest friends, they could even be family members, and join us in a bike race around town based on the popular television show. All ages welcome. Starts at 2 p.m. Cost: \$15 for a 3 to 5 person team.

Neuschwanstein

May 15: Visit the most popular tourist attraction in Germany, Neuschwanstein Castle, along with the castle town of Fussen, the Wieskirche, and Ettal Monastery. Meet at the Burke Lodge at 8 a.m. Cost is \$39.

Urbino

May 27-30: Visit a true Renaissance jewel and birthplace of Raphael and Bramante. See the Ducal Palace, commonly regarded as one of the best structures from the Renaissance period. Visit Perugia, home of wonderful chocolate confections, take in the magnificent views and see the wonderful architecture. Cost: \$475, \$150 deposit due by April 15.

Unless noted, all FMWR events meet at the Pete Burke Center. To register for the events contact the staff at the Pete Burke Community Center, DSN 440-2638, CIV 08821-750-2638, or e-mail us at Garmisch.FMWRodr@us.army.mil.

The Pete Burke Community

Center also provides space available transportation to and from the opera house for those who just want the evening in Munich. Cost: \$12.

Graf/Rose Barracks Briefs

MOMC Event

April 30: CYSS community wide Kinderfest celebration. (Rose Barracks School Center, Bldg. 2237) from 9 a.m.-1 p.m.

For more or to register, contact USAG Grafenwoehr Parent Central Services at DSN 475-6736, CIV 09641-83-6736 (Main Post) or 476-2760, CIV 09662-83-2760 (Rose Barracks); or stop by in person at Main Post Bldg. 244, Suite 117, from 7 a.m.- 4:30 p.m.; or Rose Barracks Bldg. 224, 1st Floor, from 8 a.m.-5:30 p.m.

Online registration: <https://webtrac.mwr.army.mil/webtrac/grafenwoehrcyms.html>.

Consular Outreach

April 28: The Grafenwoehr Passport Office, in conjunction with the U.S. Consulate in Frankfurt, will be accepting Report of Birth & Tourist Passport applications from 9:30 a.m.-2 p.m., at Rose Barracks, Bldg. 167.

Representatives from DHS, USCIS, immigrant visas, social security administration and veterans’ benefits will also be available.

For more, call DSN 475-8699, CIV 09641-83-8699, or by contacting us by e-mail at DLIMCOM-EGrafenwoehrMPD-Passports@eur.army.mil.

Karaoke & Open Mic

April 30: Come out and strut your stuff in support of Sexual Assault Awareness Month, the Rose Barracks Warrior Zone will host karaoke and an open mic night. Karaoke begins at 6 p.m. and open mic at 8:30 p.m.

For more, call DSN 476-2650, CIV 09662-83-2650, or by contacting us at e-mail graf.acs@eur.army.mil

Dog Days of Summer

May 21: Join us at Rose Barracks’ Little Mike Park, starting 11 a.m., for a fun event featuring contests for all doggie sizes and shapes (trophies and prizes for winners), free pet treats, food and

drink for community members, plus MC’ing by DJ Mark Carr.

The USAG Grafenwoehr Vet Clinic will also be on site to provide free pet registration, flea and tick products, spay/neuter information and more. The event is hosted by the USAG Graf Veterinary Facility and the Vilseck Community and Spouses’ Club.

Hohenfels Briefs

MOMC Event

April is the Month of the Military Child. and CYSS and Family and MWR facilities will be holding events and specials throughout April to celebrate and recognize the children and families of the military. Below are a few of the events to look forward to.

April 28: Family Day at the Volksfest, half price for all rides.

Winner of the Kinect for Xbox 360 raffle will be announced at 6 p.m. in the main fest tent. Must be present to win.

2011 G/A Volksfest

April 27 to May 1: Celebrate multinational friendship at the annual German American Volksfest

Enjoy food, fun, carnival rides, live music, and much, much more at the Hohenfels Festplatz. Check the Hohenfels Happenings for schedules, bands, and more.

Box Run

April 30: Get ready for the USAG Hohenfels annual Box Run. Choose from the 10K run, 5K walk/run or 3K Kid’s Fun Run. Open to ID cardholders and their guests. Register before April 28 and pay \$10, after April 28 the fee is \$12.

Free T-shirts to the first 150 people who sign up. Check-in on race day is from 7-8:30 a.m. Race will begin at 9 a.m. Call FMWR Sports and Fitness at DSN 466-2868/2883 to register.

Kontakt Club events

April 30: Club members and friends will meet for fun, food and music at the Hohenfels German/American Volksfest Fest Tent at 7 p.m. Look for the KONTAKT sign as well as the KONTAKT banner.

Garmisch welcomes their newest community members

Story and photo by
Kelley Smith
FMWR Garmisch

GARMISCH, Germany — “Peas in a pod.” When one hears this term, most think of food. However, on April 14 at the Garmisch Chapel, this was the theme for the second annual Garmisch Baby Shower.

Hosted by the Army Community Service’s New Parent Support Program Manager Sylvia Metzger, this year’s event was attended by nine mothers and a dad.

The two-hour event opened with a few comments by USAG Garmisch Manager, Karin Santos and ACS Division Chief, Doris Tyler.

During the gathering, the speakers covered a number of topics including the skin-to-skin contact during a newborn’s first hour of life, infant crying, colic, and Shaken Baby Syndrome.

Being a true community event, Ewa Denikiewicz of the Mueller Fitness Center led a



Sylvia Metzger, New Parent Support Program Manager welcomes members of the community to the 2nd Annual Garmisch Community Baby Shower.

discussion on exercises to promote infant physical development and Meghan McAndrew, Child Youth and School Services Training Specialist talked about the whining child.

There were two breakout sessions where new moms and dads were treated to a craft demonstration by McAndrew and the how-to’s of preparing non-processed baby foods by garrison resident Carol Rosen-

berg. The final discussion of the morning, by midwife Katrin Embree, covered giving birth at the local Klinikum.

The morning ended with a giveaway of toys and clothing. A special thanks goes out to Dawn Lyn for volunteering her time in the nursery and Daniela Moten for her assistance in preparing for and contributing to the success of the baby shower.

May 15: Day trip to the Abensberg Brewery with a visit to the Hundertwasser Tower.

June 4: Day trip to Eichstatt.

Bands Wanted

The Warrior Zone is looking for some live music. Stop by with your group and show us what you’ve got. Or, leave your information if you are looking to start or join a band. The Warrior Zone is located in Bldg. 150 and is open Wednesday - Sunday. Call us at DSN 466-3705 or CIV 09472-83-2082.

Homeschool support

May 5: Do you homeschool in the Hohenfels area? Do you want to know more information about homeschooling? There is a home school support group that will be meeting at 11a.m. at the Java Café.

For more, visit our Yahoo group at <http://groups.yahoo.com/group/hohenfelshomeschool/?yguid=419024138> or contact the school liaison officer at DSN 466-2082 or CIV 09472-83-2082.

Mother’s Day Bazaar

May 6-8: Spend your Mother’s Day weekend shopping till you drop! Held in the Community Activities Center and the Post Gym, the Mother’s Day Bazaar brings more than 30 vendors to USAG Hohenfels. Vendors will be selling antiques, crystal, polish pottery, rugs, cheese, wine, European decor and more. May 6, 11 a.m.-7 p.m., May 7, 10 a.m.-7 p.m. and May 8, 11 a.m.-5 p.m. For more, visit us at www.facebook.com/HohenfelsFamily-andMWR

Golf Tournament

May 6: The spring golf tournament will be held at the Habsberg Golf Course. The registration deadline is May 3. There are 18 four-person team slots available. The entry fee is \$70 per person (\$35 for Club Members), golf cart rental and greens fees are included in the price. Check-in begins at 7 a.m. with an 8 a.m. shotgun start. Register on WebT-rac, www.webtrac.mwr.army.mil, or e-mail Family and MWR Sports and Fitness at dlimwrhohenfelssports@eur.army.mil.

Unit Level Softball Team Registration

Through May 9: Family and MWR Sports and Fitness is looking for teams to participate in the upcoming unit level softball program. Register your team to participate in our league

which begins, May 17. For more information call Family and MWR Sports and Fitness at DSN 466-2883/2868 or stop by the Post Gym, Bldg. 88 to pick up a letter of intent.

Beginner Kayaking

May 11-14: The first trip out on the water for the season is beginner kayakers. Learn the rivers in the area, paddling and basic skills. Outdoor Recreation has all the equipment you need, transportation and several experienced instructors.

The location will be determined depending on water levels. Call to reserve your space today at DSN 466-2060. Course Price is \$139 and includes rental, equipment, kayaking course and transportation not including the camping fees.

6 Night Cruise

July 9-15: Looking for a fun and affordable trip this summer? How about a six night, European cruise? Sponsored by BOSS but open to all U.S. I.D. cardholders, this cruise will start in Venice, Italy on July 9 and make stops in Koper, Slovenia; Ravenna, Italy; Bari, Italy; Dubrovnik, Croatia and end back in Venice on July 15.

Prices start at \$620 per person. For more, contact your BOSS representative or email jamie.r.stevens@eur.army.mil.

Schweinfurt Briefs

Fishing License Class

Schweinfurt Outdoor Recreation offers this weekend long class designed to get you fishing in time for the warm weather.

The class is required for all U.S. ID card holders who wish to obtain a German fishing license. The cost per person is \$65. For more, call DSN 353-8080, CIV 09721-96-8080.

Kinderfest

April 30: Celebrate youth with this festival for children at 1 p.m. on April 30 immediately following the community yard sale.

This event, which celebrates Month of the Military Child, features a parade and free fun and games. The fest convenes at the School Age Center.

Community Yard Sale

April 30: This is the first half of the two-weekend Spring Cleaning Extravaganza. Clean

out your closets and storage spaces and pass along your things to someone who may have use for them.

We’ll start with a humongous community yard sale at Askren Manor Saturday, April 30, from 9 a.m. – 1 p.m. Fest tables and benches will be available for rent for \$5 onsite at Lee Street.

No cost to sell from a blanket on the ground. Residents of Askren Manor may present their yard sale items in front of their building.

SNAPS

May 2: The Schweinfurt Newcomers Awareness Program for Spouses is the fast-growing sensation that’s sweeping the garrison. This weeklong class provides a healthy introduction to thriving during your time here in Germany. It includes language and cultural knowledge and takes you out into Germany for two days of exploration.

Free childcare is available, registration is mandatory. Sign up today at ACS, or call DSN 354-6933, CIV 09721-96-6933.

Motorcycle Safety Day

May 3: USAG Schweinfurt and 21st Theater Sustainment Command partner up to host a day of motorcycle enjoyment complete with food and refreshments from 9 a.m.–3 p.m. at the Conn Airfield.

There will be an obstacle course and an organized scenic ride. Free motorcycle and apparel checks. A special guest will arrive on his motorcycle to give opening remarks.

Spring Clean-Up

May 6-7: This two-day garrison wide event marks the second half of the Spring Cleaning Extravaganza. First you cleaned out, now clean up. May 6 is a unit and barracks spring cleaning from 9 a.m.– 4 p.m. and May 7 is family and housing spring cleaning from 9 a.m.– 4 p.m.

Mother’s Day Brunch

May 8: Enjoy a sumptuous brunch spread from 10 a.m.–2 p.m. at the Conn Club. The event is open to all U.S. ID cardholders and their guests. The cost is \$18.50 per adult and \$9.25 for children age four to 12.

There are two seatings: 10 a.m.–noon or noon–2 p.m. Reservations are suggested by Fri, April 29, but walk-in space is available for both seatings. For more, call DSN 353-8398, CIV 09721-96-8398.



Germany’s highest waterfall crashes down near Triberg in the central region of the Black Forest.



The interior of St. Mary’s church in Gengenbach resembles a candy store with its vibrant columns.



Reenactors wear traditional Black Forest costumes at the outdoor museum near Gengenbach.



The Vogtsbauernhof reflects 400 years of history near Gengenbach. Below: The town square of Gengenbach offers visitors a glimpse of a medieval village.

Visitors treated to more than Cuckoo Clocks

Story and photos by
Mark Iacampo
USAG Hohenfels Public Affairs

TRIBERG, Germany — For many tourists, Germany’s Schwarzwald, or Black Forest, conjures up images of witches and wolves, gingerbread houses and girls in red hoods. With charming villages and crumbling castles, the area does indeed seem like a fairy-tale setting, and is definitely a destination that shouldn’t be missed.

Stretching some 200 miles along the border of France, the region was named Silva Nigra (Black Forest) by the Romans because the dense growth blocked out much of the light within the forest.

Besides the setting for some of the Grimm Brothers’ famous fairy tales, the region today is famed for its cuckoo clocks. Though they didn’t originate here, they’ve been a staple of Black Forest industry since the

1700s and much of their distinctive character comes from the area.

Getting situated

Triberg, situated in the heart of the Black Forest, is a great base to explore the central region and boasts not one, but two of the world’s largest cuckoo clocks, which are located just outside either end of town. While one is tucked away inside a house, the other is actually incorporated into the façade of a shop selling – what else – cuckoo clocks.

Triberg is also home to Germany’s highest waterfall, plummeting 163 meters down a multitiered mountainside. The climb to the top is a bit steep, but well worth it for spectacular views of the valley.

Hiking trails abound, and you’ll have no problem understanding how Hansel and Gretel lost their way among the towering firs. The main trail zigzags up alongside the water-



fall, crossing the crashing water on several picturesque bridges.

Gengenbach

About 28 miles down the B33, the medieval town of Gengenbach tempts one to wander its twisting cobblestoned streets lined with colorful fachwerk (half-timbered) houses.

Visit the brilliantly painted St. Mary’s church to see how vibrant churches were before the austerity of the Restoration.

Gengenbach also houses the Fool’s Museum in the Niggel Tower, a collection of costumes, masks and photographs depicting the history of the region’s Alemannic carnival, the local version of Fasching.

Walking through history

Roughly half way between Triberg and Gengenbach on the B33 is the Schwarzwald Freilichtmuseum, (Black Forest Open Air Museum) an outdoor collection of houses, homes and outbuildings spanning 400 years of history.

The centerpiece of the museum, the Vogtsbauernhof, stands where it was originally built in 1612. Other structures on the 12-acre site were brought here, often to save them from demolition. Antiques and typi-

cal household items are on display in such a manner that you might expect to find the original owners walking about.

Clothed in traditional dress, reenactors populate the museum and provide practical demonstrations of life and crafts in the Schwarzwald hundreds of years ago. Witness traditional glass blowing and schnapps making, or lend a hand making butter or milking a cow.

Don’t end your trip without trying some of the region’s traditional taste treats like the smoked Black Forest ham, or the delectable Black Forest cake, a chocolate cake stuffed with multiple layers of whipped cream and cherries.

With its rich and varied landscapes, charming villages and bustling towns, the Black Forest is a place you can visit again and again, and never have the same experience twice.

Mentally prepare for redeployment

By Jennifer Walsh Cary
BMEDDAC Public Affairs

VILSECK, Germany — Spouses and families of the 2nd Stryker Cavalry Regiment may be ready for their Soldiers to come home, but how many are mentally prepared for the reintegration process? If you're one of the ones that plan on winging it, this information is for you.

According to Dr. Jerome Peters, Bavaria Medical Department Activity behavioral health provider, spouses and families should emotionally prepare now for their Soldier's homecoming, to include keeping expectations low.

"You should really keep expectations very simple for the first two or three months," he said. "The Soldier that is returning is going to try his or her best to acclimate to once again being around a family, being around a spouse and being around children, but it's going to take a while to be involved in the daily routines. All of this is alien to the Soldier."

Keeping it simple should start from the very beginning of the Soldier's homecoming and as tempting as it may be, Peters recommends against throwing a big party to welcome the Soldier home.

"Every Soldier that comes back would probably like to have balloons and a little party to say thank you for your service, but at the same time you don't want to sit there and smother them," he said. "Let them have time to



photo by Andreas Kreuzer

Families of the 2nd Stryker Cavalry Regiment out of Rose Barracks, Vilseck, Germany began preparing for their Soldier's return this month.

adjust to you and their family ... to the fact they're not in Afghanistan. Initially, you should plan on quiet times together and then you can meet all the relatives."

Although the spouse may be eager to share some of the burden of home life such as paying the bills, cleaning the house and shuttling the kids to practice, he recommends giving the Soldier some time to diffuse and setting a date to officially "join the family" again.

"I'd say to the Soldier 'I think you probably need some time to just diffuse and I don't want you to do anything. If you want to build model cars or shoot hoops, that's fine, but then set a date,'" Peters said. "You've got to report to duty as a father, as a husband, as a mother, as a wife. We're not

going to pick up where we left off; we're going to pick up from here."

He said setting a date will help the Soldier understand what's expected of him or her and they're used to working with deadlines in the military. He also said it will give the spouse some time to observe the Soldier to see if there are other problems, like trouble sleeping.

"We all have bad days, but I think the hallmark thing to look for — especially with returning Soldiers — is poor, non-restorative sleep," he said. "A lot of this is that their brains are still in combat mode. The brain is a very powerful radar system for our whole body ... sometimes it doesn't register that we're in a safe environment after having been in a very

unsafe environment for 12 to 15 months. It doesn't click off."

Poor sleep can lead to a host of other problems to include: problems making decisions, headaches, trouble remembering things, irritability that leads to anger, and anxiety. However, Peters said it's really multiple symptoms that you should worry about, not just one.

"Sleep may be an issue, but that doesn't mean that they have post-traumatic stress disorder," he said. "It doesn't mean they have blast exposure."

In the event the Soldier is showing multiple signs, he recommends contacting Behavioral Health because there may be underlying issues causing the problems. He also said not to take it personally if the Soldier doesn't want to talk to the spouse about the problems they're having.

"Most of the Soldiers don't want to burden their wives or loved ones with what they've experienced," Peters said. "It's not that they don't trust you, it's that they don't want to burden you with their trauma. That's where the Behavioral Health staff can help."

Overall, the best thing spouses and families can do to prepare for their Soldier's return is keep it simple.

"Take it easy, take it slow, take time to honeymoon and take time to get to know each other," he said. "Ease into the role of family, of spouse and the demands of family life."

a shot of advice

By Lt. Col. Stephen Linck
BMEDDAC

Want your health-related question answered? Send an e-mail to brmc-pao@amedd.army.mil or post your question on our Facebook page at www.facebook.com/bmeddac. Your question may appear in the next edition of the Bavarian News.

Q: Yesterday, I found a tick crawling on my hand. How long does it normally take for them to attach themselves to a person or animal? I couldn't believe I caught it in time.



Linck

V/r,
Aware in Ansbach

A: Dear Aware,

Ticks are usually pretty fast to attach when they find a suitable candidate. Sometimes they will travel around looking for a nice place to attach. They like hairy areas because they can hide. It sounds like you got lucky because they are usually small and hard to see before they attach. There are a few diseases you can get from ticks like Lyme disease or tick-borne encephalitis.

The best way to prevent ticks is to wear appropriate clothing and use insect repellent. They are not really something to worry about, just kind of gross. If one does attach, all you have to do is grab it as close to the head as possible and pull it straight off. There is no need to burn it or cover it with nail polish like the myths say. If you get a tick and start feeling ill a few days after removing it, see your primary care manager and get checked for any tick-borne illnesses.

Q: My spouse will be returning from down-range soon. Are there certain signs I should look for to make sure he's OK?

Respectfully,
Eager in Edelsfeld

A: Dear Eager,

I could write a book on what it is like to come home, but I will keep it brief. It takes a lot of time adjusting to home life. Some withdrawal and reluctance to talk a lot about experiences while deployed is understandable. It can take some time to re-establish relationships, so be patient with your partner; you probably won't be able to pick up where you left off a year ago.

From my experience, the hardest part of a deployment is coming home, so some period of adjustment to get used to new routines is very typical. In terms of maintaining safety, the best I can recommend is to look out for risky behaviors like driving too fast, frequent drinking or other self-destructive activities. If you are concerned, there are many resources you can contact such as your local garrison Army Community Service or health clinic. Make sure your spouse has a "battle buddy" — someone with whom he or she is connected — in their unit. In addition to using professional resources, our troops need to look out for each other.

Q: Any time I have an appointment at the health clinic, I get a survey in the mail. Is it possible to not receive these? I think they're wasting quite a few trees.

Thanks,
Surveyed-out in Schweinfurt

A: Dear Surveyed-out,

Sorry, but let me help you help us. This survey is called the Army Provider Level Satisfaction Survey, or APLSS. Good APLSS mean a lot to BMEDDAC. Let me explain why. This survey is directed by Medical Command, or MEDCOM, and it's how they grade us on patient satisfaction. If we do well on the APLSS surveys, MEDCOM will give us money. We can then use that money to improve our clinics.

Some of the things we have done with past earnings from APLSS are new furniture in the waiting rooms, to include televisions, children's furniture and new equipment. Even though you get the survey in the mail you have the option of completing the survey online. The other way to tell us how we're doing is the garrison ICE program. ICE is a more responsive way to send us your concerns and you will get an answer quicker if you request a response. Whichever way you choose to contact us, please let us know how we are doing.

If you need a shot of advice, e-mail your question to Lt. Col. Stephen Linck at brmc-pao@amedd.army.mil.

Knowing when to call it quits is key

By Steven A. Carreras
U.S. Army Public Health Command (Provisional)

Statistics on too much alcohol consumption usually are reported in the media in terms of the effects on the person (impaired driving) or the body (health problems). Ad campaigns and public service announcements remind consumers to drink responsibly. But just how much alcohol is too much?

According to the Centers for Disease Control and Prevention, heavy drinking is defined as consuming more than "two drinks per day on average for men and one drink per day for women." Binge drinking is defined as consuming "five or more drinks in a single occasion for men and four or more drinks for women."

In 2008, the CDC estimates five percent of the U.S. adult population (age 21 and older) drank heavily, while 15 percent binge drank. Between the years 2001 and 2005, the CDC attributed 79,000 deaths to excessive alcohol use — the third leading lifestyle-related cause of death in the United States. In 2005, there were more than 1.6 million hospitalizations and more than four million emergency room visits for alcohol-related conditions.

Underage consumption of alcohol (below age 21) is also problematic in the United States. For example, the CDC estimates underage drinking (age 12-20) accounts for 11 percent of all alcohol consumed in the United States; 90 percent of underage drinking is done in the form of binge drinking and is highest in the 18- to 20-year-old group (51 percent). In 2005, 145,000 emergency room visits were due to underage consumption of alcohol.

Rates of alcohol consumption for Department of Defense personnel are measured by the Alcohol Use Disorders Identification Test. Overall binge drinking rates increased between 1998 and 2008. Heavy drinking rates in the

military for persons aged 18-25 are 26 percent as compared to 16 percent for civilians in the same age group. Heavy drinking across all age groups is higher for military personnel (20 percent) as compared to civilians (14 percent). For the Army, heavy drinking was 22 percent.

According to the DOD, "nearly one-quarter of all heavy drinkers had one or more serious consequences (23 percent), a rate that was three to six times as high as that for any other group of drinkers." Serious consequences include, "time away from work due to alcohol use; arrest for driving under the influence of alcohol; getting into fights; causing an accident or illness and receiving a low performance rating."

For the Army, among heavy drinkers, the rate of serious consequences was 25 percent.

Here are some suggestions from the National Institute on Alcohol Abuse and Alcoholism to reduce excessive alcohol consumption:

- 1) Pace yourself — sip slowly.
- 2) Consume non-alcoholic drinks when drinking alcohol as well.
- 3) Don't drink on an empty stomach.
- 4) Know your triggers and avoid them.
- 5) Reach out to friends or family if feeling overwhelmed (triggered) or seek professional help.

For more information on reducing alcohol consumption:

Centers for Disease Control and Prevention, www.cdc.gov/alcohol/index.htm.

Centers for Disease Control and Prevention, www.cdc.gov/alcohol/quickstats/underage_drinking.htm

National Institute on Alcohol Abuse and Alcoholism, <http://pubs.niaaa.nih.gov/publications/Tips/tips.htm>

Editor's Note: Steven A. Carreras is a social worker with U.S. Army Public Health Command (Provisional).

April is STD awareness month Keep yourself healthy

By E. Wayne Combs
U.S. Army Public Health Command (Provisional)

Approximately 19 million sexually transmitted diseases occur each year in the United States, according to the Centers for Disease Control and Prevention. Almost half are in young people ages 15 to 24. One in two young people will get a sexually transmitted disease by age 25, and many won't know it.

Untreated STDs can cause serious medical complications like chronic pelvic pain, infertility, or passing an infection to an infant during child birth. Individuals infected with STDs are at a much greater risk for HIV infection.

The only way to "know for sure" if you or anyone else has an STD is to get tested. Testing is faster and easier than ever before. You can't assume that your healthcare provider will bring it up. You might feel embarrassed to bring it up, but it's absolutely essential.

You and your health care provider will decide what STD tests make the most sense for you. If you do have an STD, it's important to get treated as soon as possible. Here are some tips for having a talk with your health care provider:

Before your appointment

Think of problems or questions you have. Even if you only have one or two, write them down.

When you make your appointment, tell the receptionist that you'd like to be tested for sexually transmitted diseases.

At the appointment

It's the day of your appointment. Take a deep breath! Be prepared to ask lots of questions,

be honest, and, if you don't understand a question or answer, ask for an explanation.

The talk

A good sexual health exam begins with a good sexual health history. Here are some common questions that healthcare providers need to ask in order to help you:

- How many sexual partners have you had recently?
- How many sexual partners have you had in your lifetime?
- Do you have sex with women, men or both?
- Do you have oral sex?
- Do you have anal sex?
- Do you use condoms?
- Do you have symptoms now?

- Have you had symptoms in the past?
- Have you ever had a sexually transmitted disease?
- Have you used over-the-counter medications to

treat your symptoms?

- Do your partner(s) have any STDs or symptoms of STDs?
- Do you have any drug allergies?
- When was your last menstrual period?

These questions might seem really personal, but it's important to be honest with your health care provider. Your provider will help you make important decisions about what tests and treatment you may need. Finally, be sure to ask about when you'll get the results.

For more information on preventing sexually transmitted diseases visit It's Your Sex Life, www.itsyoursexlife.com.

Editor's Note: E. Wayne Combs is Health Promotion and Wellness Portfolio representative for U.S. Army Public Health Command (Provisional).

The only way to "know for sure" if you or anyone else has an STD

Under Secretary of Defense tours USAG Grafenwoehr



Photo by Tony Frazier

GRAFENWOEHR, Germany — Under Secretary of Defense, Dr. Joseph Westphal, visits with Lt. Col. Robert Hudgins, 18th Combat Sustainment Support Battalion commander, and Spc. Walmaro Mendoza, 1st Cargo Transfer Company 18th CSSB in Grafenwoehr, Germany, April 12. Hudgins and Mendoza were on hand to explain the workings of the M41 Protection Assessment Test System. The PATS equipment is used to test a Soldiers' nuclear, biological and chemical masks to ensure fit quality and safety.

Celebration showcases local talent

Story and photo by
Mark Iacampo

USAG Hohenfels Public Affairs

HOHENFELS, Germany — Artisans across Hohenfels displayed their talent at the First Annual Celebration of the Arts, an event aimed at raising funds for the high school art department through the Schwartz Foundation for the Fine Arts.

The exhibit included over 100 pieces of art from Hohenfels Middle High School students, ranging from charcoal, paintings, sculptures, as well as hand-made crafts from over 30 local artisans. The celebration continued into the night with an evening gala featuring cocktails, hors d'oeuvres, live music and auctions for artwork.

The Schwartz Foundation for the Fine Arts is the brain child of ninth-grader Clinton Schwartz, and its mission is to raise funds for better and more varied art supplies for the school. Since October 2010, Schwartz has been busy collecting the art, creating the displays, and organizing the exhibits.

"Clinton approached us and told us what he was doing and we thought it was fantastic," said Melynda Weaver of the Hohenfels Community and Spouses Club, who helped sponsor the event. "So we thought we'd marry it with our spring craft fair that we typically do and then add an evening component with the gala."

"It's been a real partnership across the installation, from the high school to the boy scouts, to the volunteers who have come out to support us. It's just been a tremendous event," she said.

Various organizations donated gift baskets for the silent auction, all with an art theme such as the "Art of the



Visitors browse through students' paintings and sculptures at the Celebration of Fine Arts in Hohenfels, April 9.

perfect date" which had wine and roses or the "Art of gardening". Local artisans like Mark Woehler and Captain Nick Martin donated sculptures and photographs, respectively.

"The outpouring of talent from the community, both the youth and the adults has been unbelievable," Weaver said. "That's one of the great things about living at Hohenfels, to see how this small community comes together to turn out something tremendous."

A portion of the proceeds will be turned over to the Schwartz Fine Art Foundation, with funds earmarked for better quality paper, glazes and clay for sculpture.

"Better supplies will enable them to take more risks in their art, and I always encourage taking risks, trying new supplies and methods," she said.

Michele Mihanovich-Franz, HMHS art teacher, said that studies have shown that students who participate in the arts perform better in all areas of academics.

"In mathematics if the teacher gives them an equation, all of them have to come up with the same an-

swer," she said. "In art, I give them some criteria but they all come up with something that is their own unique expression, and that's very important in their development."

Ninth-grader Justin Reyes enjoyed the chance to have his work displayed at the Celebration.

"It helps me out because I get to find out how people feel about my artwork," he said. "I get to see if people like it, if I should change some things."

Justin's work is somewhat abstract, and he finds inspiration in the graffiti he sees while on family drives.

"You have a famous artist like Pablo Picasso or somebody like that, what if they do that on your house? Is that vandalism or would that really be art?" he asks.

Schwartz said there were between 150-200 students represented at the exhibit, a good majority of the student body. But he is already looking to increase that for next year.

"I'll be doing this every single year till I graduate," he declared.



Schweinfurt's Volunteers of the Year. Nearly 800 volunteers work on post at USAG Schweinfurt. On April 13, they were recognized for their service and commitment at a crowded Volunteer of the Year ceremony at Ledward Theater.

Schweinfurt's volunteers, "lifeblood of the community"

Story and photo by
Nathan Van Schaik

USAG Schweinfurt Public Affairs

SCHWEINFURT, Germany — There are nearly 800 of them among us here on post, and without them we are like a table missing a leg. They are busy at work; in just the last 12 months, they've logged 17 years worth of man hours. Seventy-five on-post organizations currently use their services. In the past year alone, they've worked more than 100 community events and provided service to 75 garrison organizations.

Who are they? They are Schweinfurt's volunteers, and they are the lifeblood of U.S. Army Garrison Schweinfurt.

On April 13, they were recognized for their support and commitment at a ceremony at the Schweinfurt Ledward Theater. Organized by the garrison's volunteer program manager, David Blakeman and the staff at Army Community Service, the event — dubbed the Parade of Volunteers — drew a large crowd of both volunteers and the beneficiaries of their services.

"We're here to honor our volunteers' selfless service," said event host Sean Hillyer to a boisterous audience.

Schweinfurt's volunteers leave a lasting impact on the operability and success of the services and programs made available through the Schweinfurt garrison and community, according to Blakeman.

They shoulder many of the responsibilities borne out of such services and programs dealing with children, religious services and sports to name but a few.

"What do you love about our volunteers?" garrison commander Lt. Col. Everett Spain to the asked crowd.

"Commitment," shouted someone from the crowd.

"Generosity, especially with their time," said another.

The crowd emphasized that volunteers "are the lifeblood of our community!"

From April 1, 2010 to March 31, 2011, Schweinfurt's 792 volunteers

recorded 36,225 hours of service, a 72 percent increase from the previous year. On average, each volunteer contributed about 3 hours a week or about 150 hours of service for the year.

Eight out of 10 volunteers want to put their skills and experience to use, according to data compiled by Blakeman. The same data revealed that the number one reason people volunteer is to contribute to a cause in which they believe.

2011 Volunteers of the Year

Amanda Ritchey – Club Beyond
Alexandra Pearson – SCSC – 1-77 FA
Andrea Sebring – Shining Star – 1-91 CAV
Ashley Copland – Shining Star – 44th ESB
Betty Haywood – MWR Crafts Studio
Christina Floyd – 172 SPT
Christina Tuccitto – Cub Scout Pack 630 – 15th EN BN
Denita Fox – Shining Star – 44th ESB
Eleanor Sullivan – 9th EN BN
Gina Feldt – Youth Sports and Fitness – 1-91 CAV & USAG Schweinfurt HHC
Janna McGarrity – Chapel – 12th Chem
Jennifer Clark – PWOC – 44th ESB
Jessecia Gaines – 1-91 CAV
Jessica Miller – Red Cross – 12th Chem
Kelly Adams – 12th CHEM
Kerine Buckley – 15th EN BN
Laquan Martin – 44th ESB
Megan Cafaro – DHR – Building 40 – 1-91 CAV
Nicole Gooden – Medical/Dental Clinic – 501 AV BN
Opal (Cris) Isom – WTB
Raine Tanner – Shining Star – 15th EN BN
Raymond Pitts – Army Community Service
1st Lt. Robyn Kersey – Adult Sports and Fitness – 12th Chem
Shamila Mote – Shining Star – 44th ESB
Tam Munar – 1-77 FA
Veronica Bradshaw – Shining Star 15th EN BN

Officials remind people to look for suspicious letters and packages

By **U.S. Army Europe
Public Affairs**

News Release

HEIDELBERG, Germany — U.S. Army Europe Office of the Provost Marshal officials are reminding members of the U.S. forces community in Europe to be vigilant for suspicious packages and letters.

The reminder follows reports that an Italian military officer in Livorno, Italy, lost three fingers and suffered severe eye damage from a letter bomb that exploded in an army barracks there, March 31.

The first thing that force protection and security officials say to watch for is that any suspicious-looking package or letter should be treated as a potential bomb. It's important to remember that the job of finding and disposing of it should be left to the experts. Untrained personnel should never attempt to deal with bombs themselves.

There are several questions that can help determine if a suspicious package might contain a bomb:

- Is the package from a stranger or an unknown place?
- Is the return address missing?

- Is the package addressed to a recipient by title only?
- Does the address include a mismatched or incorrect name and title?
- Is there an excessive amount of postage, tape or string on the package?
- Is the size abnormal, excessive or unusual?
- Are there misspelled or poorly typed words in the package's address?
- Do the locations on the postmark and the return address differ?
- Are there restrictive markings on

- the package, such as "PERSONAL"?
- Does the handwriting appear to be in a "foreign style"?
- Does the item smell peculiar? (Many explosives used by terrorists smell like shoe polish or almonds.)
- Is the package unusually heavy or light? Is it rigid or bulky?
- Is the package lopsided or uneven in balance?
- Does the package have oily stains, discolorations or crystallization on it?
- Is there a "springiness" to the top,

- bottom or sides?
 - Are there protruding wires or strings?
 - Is the package marked "registered" or "personal" in a manner that raises suspicion? (For example, receiving a registered package when none is expected.)
- Never touch or move a suspicious package or letter. Do not cut tape, strings or wrappings or immerse in water. Promptly turn the package over to security experts immediately. Isolate the package. Do not shake, bump open or taste it. Call local police or security officials immediately.

Two Tigers earn spot on All-European team

Story and Photos by
Mark Iacampo
USAG Hohenfels Public Affairs

HOHENFELS, Germany — Not only did J.J. Calhoun and Jamie Tompkins help drive the Hohenfels High School Tigers to victory in the Department of Defense Dependant Schools Europe boys' basketball Division Two Championships, but they have been selected as part of the Region III All-European Team.

"It's like the culminating event to the basketball season," said Tigers coach, James Calhoun. "It's a real honor because what we did was basically select the top 20 athletes across DODDS Europe."

The recognition came at a price, hard work and dedication that included practices 5-6 times a week.

"If transportation was provided, we had practice," J.J. said.

"Even if we didn't have practice, like on Saturdays, all of us would still meet at the gym and go through things," Tompkins added. "Hard work paid off in the end."

Best friends on and off the court, the boys contend that their bond increases their proficiency in the game.

"The chemistry between us is

strong," said J.J. "Like playing with him, I know when Jamie's going to drive and pull up, or when he's going to drive and ditch. That chemistry is built not only on the court, but outside the court as well."

The Tigers' hunt for the European championship actually began last year, when they lost the final match to Aviano. Coach Calhoun had planned for that to be his final year coaching, but his team had other ideas.

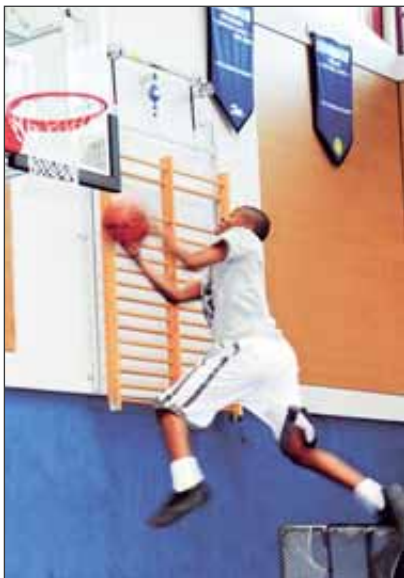
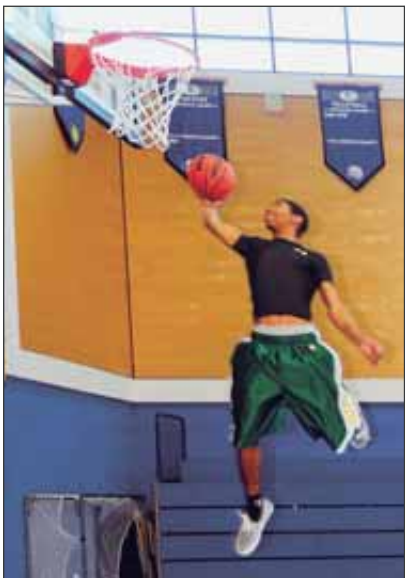
"A few of the guys said 'Coach, we need to take care of business. We have some unfinished business, and if you come back we're going to have the same team in place and we're going to go back and we're going to take it,'" Calhoun said. "These guys, they predicted it and made it come true."

"It started out rough at the beginning of the season, though," Tompkins admitted. "At one point we were down like 3-5."

"I knew we were going to have to work for it," J.J. said.

But work they did, with Calhoun breaking practices into workshops geared toward various skills and stressing the Tigers' strengths, "speed and athleticism."

"Everybody understood their role, and that was how we had our prac-



Hohenfels Highs School Tigers Jamie Tompkins (left) and J.J. Calhoun (right) show off their moves. Tompkins and Calhoun were selected this year for the Department of Defense Dependants Schools-Europe Region three All-Europe team.

tices structured," Calhoun said.

"The championship game was very difficult to me because I injured my thumb, and it threw off my game completely," said J.J. "But because it was a championship game I didn't

want to express how much pain I was in because I knew my dad was going to take me out, so I just sucked it up for the team."

In addition to J.J.'s injury, Tompkins had also injured his ankle during

the match with Marymount International School.

"It's difficult when you're playing two games a day, you don't really get that break," Calhoun said. "I almost lost both of them that day."

As the school year wraps up, the two seniors are looking ahead to college where they hope to both attend Marshall University in West Virginia. Calhoun has arranged an opportunity for MU Assistant Coach Mark Cline to view the boys online at a basketball clinic in Bonn later this month.

"From what I understand, he (Cline) has a pretty good class coming in, and he is looking for a point guard," said Calhoun. "And Jamie makes shots you can't even believe!"

Calhoun admits that sometimes coaching his own son could be difficult.

"There was a couple times when I still had my dad hat on during a game," he said. "But those guys did a pretty good job of reminding me."

"As a coach, you go in, you adjust, you bring in the right personnel, and you take care of business," said Calhoun. "And from a dad's perspective...it's always a special thing for a father and son to combine to win a championship."

Award from Secretary of Defense the product of hard work

Continued from page 1

"Grafenwoehr Training Area demonstrated outstanding stewardship commitment in managing hundreds of endangered flora and fauna species, protecting soil, surface and ground water, while supporting a world-class training area," said Brig. Gen. Steven L. Salazar, commanding general of the Joint Multinational Training Command.

Cooperation and collaboration with all stakeholders, a lot of hard work from a dedicated team of professionals, to include the German Federal Forest Service, and a well-balanced and comprehensive environmental program is what Manfred Rieck, environmental chief at Grafenwoehr, attributes to their success.

Two noteworthy actions helped contribute to Grafenwoehr garrison's ability to successfully meet environmental goals while supporting the military training mission.

In the first, the implementation of a comprehensive erosion control program developed by the garrison's En-

vironmental Management Division, the Integrated Training Area Management team and German Forest Service reduced erosion, previously impacting 5,000 acres of training land, to almost zero.

Another initiative, removed more than 500 pounds of ozone-depleting-substances from 78 facilities. Under this program, an interactive database tracks asbestos, lead-based paint and other toxic substances within facilities to make working and living environments safer. Additional remediation projects are ongoing for seven buildings identified by this system as having high risk ratings.

In addition, the results of garrison's waste reduction efforts are notable. In spite of the increasing population, the overall waste stream diversion rate improved from 29 to 65 percent. A comprehensive hazardous material management program has reduced hazardous material procurement and hazardous waste disposal.

"Grafenwoehr Training Area is a

complex ecosystem of central-European significance to the preservation of endangered species and their habitats," said Heinrich Stetter, senior biologist for the district government of the Upper Palatinate in Germany.

About 90 percent of the training area has been designated a European Natura 2000 nature sanctuary which requires additional training area maintenance and special approval procedures for construction projects.

The training area provides habitats for more than 3,000 plant and animal species; 1,272 of those are threatened, endangered or legally protected. Grafenwoehr boasts one of the largest populations of red deer in Germany which is managed through a cooperative partnership between the German Forest Service and U.S. Army.

To ensure the military mission is not negatively impacted, eliminate potential delays and conserve valuable resources, Grafenwoehr's environmental staff coordinates all actions with the German Forest Service

and Nature Conservation Board.

Their ability to partner and collaborate with others is why organizations often request visits to the area to learn from Grafenwoehr's experience. The Tanzania People's Defense Force and African Wildlife Fund visited Grafenwoehr Training Area to adapt the U.S. Army's approach for a coexistence of dense wildlife populations in a high-use military training area.

Environmental Management Division staff have also provided presentations and environmental tours for German, Bulgarian, Albanian and Georgian forces; local mayor and county commissioners; the Westphalian Natural Science Society; and German Forest Service liaison officers have supported the European Sustainable Range Program workshop.

The University of Bayreuth and the Colorado State University conducted a study at Grafenwoehr to determine the effects of military disturbance on biodiversity. Cross com-

parison to similar off-post studies provides scientific proof that military training significantly enhances biodiversity. As a result of the study, previously restricted areas are reopened for military training.

"USAG Grafenwoehr is a model organization for a systematic and exemplary environmental program and for smooth cooperation on various levels, such as the comprehensive network of environmental facilities, the methodical investigation and remediation of contaminated sites, as well as the monitoring for ground and surface water," said Emilia Mueller, State of Bavaria Minister for European Affairs.

Through its efforts and proven ability to find solutions to numerous challenges, the Environmental Management Division staff and its partnerships have increased the realistic training space and the variety of training patterns at Grafenwoehr Training Area, while increasing biodiversity and preserving its natural resources.

Lynch lauds programs created to support military children

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serving in the military. Since 2001, an estimated 900,000 children have had one or both parents deploy multiple times.

Our children are dealing with long and repeated separations from their parents. They are dealing with the happy but disruptive time when their parents come home and the family has to regain normalcy. Sometimes they have to deal with the worst thing children can imagine, the death of a parent. In the face of all this, for all of their contributions and sacrifices, our children need and deserve our best efforts.

From the highest levels of leadership on down, the Army has committed to providing families with a quality of life that is commensurate with their service and sacrifice. For our children, that includes a commitment to ensure excellence in schools, child care and youth services — to ensure they have the support and care they need to develop into strong, resilient, well-rounded young adults.

Army Child, Youth and School Services is central to delivering on these promises. CYSS currently serves almost 300,000 children ages 6 weeks to 18 years in on- and off-post programs around the world. Through its Child Development Centers, School Age Care, and Middle School and Teen Centers, CYSS provides healthy and enriching environments that help children grow mentally,

physically, socially and emotionally. For the school age children and teens in particular, the CYSS programs provide a whole world of topics to explore, including fitness, health, arts, science and technology, leadership, citizenship, life skills and careers. In addition, CYSS runs a robust sports program, with more than 112,000 children participating in team and individual sports and sports clinics.

To meet the greater need for services, CYSS has made tremendous efforts to increase access and offerings, both on and off post. On installations in the states and overseas, CYSS has constructed 150 new child care and 24 new youth centers since 2007. They have also introduced innovative programs such as Neighborhood Activity Homes, which provide places for older kids outside of traditional facilities.

Off post, CYSS has partnered with a number of local providers and national organizations to serve Families who live in areas far from an installation or in high-impact areas where the need exceeds the capacity on the installation. CYSS extends 16 hours of free care per month to the families of deployed Soldiers, wounded warriors and fallen Soldiers, a total of more than 1.08 million hours in fiscal year 2010.

The focus on increasing access does two things for our families. When parents can take advantage of CYSS, it decreases stress on the

family. Parents know that when they are deployed, when they are working, when they are at medical appointments, their children are in a safe place. They can focus on what they need to do, knowing that their children are well cared for. Also, these programs provide our children with much needed support. They are in a caring environment with adults and peers who understand what they are experiencing, and they have the chance to pursue a wide range of interests and build their strengths.

In addition to providing quality out-of-school programs, CYSS is also focusing on supporting military children in school. Military children attend on average nine different schools before they graduate high school. The transition between schools can be rough when there are incompatible requirements to enroll, to join extracurricular activities or to graduate. It can be tough for students to settle in, when school personnel do not understand the issues — the stress of being the new kid yet again, the fear of separation, the disappointment that mom or dad is missing another game or recital.

Schools liaison officers are located at every garrison to help with these and other school-related issues. They play an important role in helping students make a smooth transition and succeed at their new school, by working with families and school districts to meet needs and requirements

on both sides.

In a new two-year pilot program school liaison officers at seven garrisons — Joint Base Lewis-McChord and Forts Benning, Bliss, Polk, Stewart, Hood, and Wainwright — will be joined by military student transition consultants. The consultants will be located in school district offices and work closely with the school liaison officers to build understanding between school districts, garrisons and families about the needs of military students and to support efforts, such as mentoring programs, which help students plug into their new school. The consultants will be in place this May to support families through the summer PCS season.

I can point to any number of other ways Army CYSS is doing a phenomenal job of supporting our children. In addition to daily child care and after-school care which meet the highest national standards, CYSS provides special events and camps, both on post and far from any post. There's Tutor.com, where students can get online tutoring anytime. There are the military family life consultants, who provide counseling to kids in school, and the child behavioral consultants, who work with children in the after-school programs, when they are having difficulties with their parent's deployment.

Army CYSS strives to provide a comprehensive range of services for families to help grow strong and re-

silient children. However, this is only possible with the support of a number of dedicated, longstanding partners, including universities, nonprofit organizations, and local and state governments. They conduct research on the needs of military children, draft policies and legislation in support of military families, develop curricula we use in our programs, provide training for educators, counselors and others who work with military kids, and provide services to military children who do not live near an installation. We must continue to reach out to them and communicate how they can help our children, because we cannot do it without them.

Month of the Military Child is an important observance, and a lot of fun. Installations worldwide are holding hundreds of fairs, parades, carnivals and other events throughout the month. I encourage you to get out in your community and join in honoring and celebrating our children.

The Army does not confine its commitment to children to one month a year — we owe our children more than that. They do not sign up for the challenges military life brings, and yet they are right in there with us, making sacrifices everyday and showing a lot of bravery. It's our job to do the best by them that we can, providing the care, support and opportunities they need to thrive in the face of challenges. Our children are our future: when they are strong, we are strong.